



Nation

Volume 11, No. 13 • May 14, 2004

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The smell of goose is in the air...

Steve Bonspiel

This time of year represents a fresh new beginning and a rejuvenation of sorts. It also represents an important time in the lives of everyone in Eeyou Istchee.

Goose Break, as numerous people have told me, is a time to reflect, a time to share, and a time for the community to act with everyone's interests in mind. This is something I feel that my people, the Mohawks, have lost in the last few years.

At times it's hard to think of my community of Kanesatake as a place of togetherness when so many people have their own agendas. As I've said before in the Nation, the Kanesatake I grew up in was and still is strife with family squabbles and deep-seated dislike for one another.

Don't get me wrong, I'm not saying everyone is like that, but negativity speaks ten times as loud as anything positive, and that seems to be all we're hearing from my reserve these days.

But I digress; I'm not here to speak about Mohawk troubles.

I see Goose Break as a very special time. Native people down south no longer take this time out of their busy lives and schedules to get a chance to experience the thrill of the hunt.

Mohawk people do still hunt, but it's more for sport than survival.

I respect the elders who are still out on their trapline, and who continue to hunt and trap for a large part of the year. This is an inspiration not only to younger Cree, but also to other Native people such as myself.

I see the love in the communities and I feel good inside when I hear about the sharing that goes on during Goose Break. Sharing and helping others is something we should never take for granted.

I've been with the Nation for two Goose Breaks now and although it's too late to go out into the bush this year, I look forward to participating next year.

People who follow the traditional ways and live the way our ancestors did are far too few these days. I often wonder what life in the north will be like in 50 years and how it will affect these traditional pursuits. I hope it stays the way it is, but if my people and the way we do things today as opposed to 100 years ago are any indication, change could be imminent.

As a wise man once said change is good. In this case however, I think he was sorely mistaken.

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Photo: Danielle Valade
Beautiful Iyiyuusch





BUSH RADIO MAMA

By Sonny Orr

It's that time of the year again, where towns seem to be emptied of the people who once made the community a thriving beehive of activity. The streets are strangely quiet and the local stores are only filled with the barely audible sounds of elevator music, as the cashiers limply raise their arms to look at the slowly ticking watch. Yes, goose fever has struck again in the heart of Eeyou Istchee, where the once quiet land bristles with newly covered tent frames and the sound of children and youth, eagerly helping with the chopping of wood, warming the life that surrounds the hundreds of family units that congregate every spring at the goose camp. The practice calls of the young goose caller is heard often, in anticipation of the hunt to follow. (Over).

Meanwhile, all communities are connected through the bush radio and people who rarely talk to each other in town are now comparing their camp's results and chitchatting. Children talk to their parents, talking about silly things like bubblegum blowing and the little accidents that always occur at camp. The bush radio is a steadfast communications culture, that spawned from emergency use (and emergency use only) to a full fledged bush activity. In every community, there's people whose days in ghost town are relieved by family communication, using the full time radio that's usually open from early in the morning to late at night. (Over).

At the heart and hub of the radio network that spans inter-trapping areas and other jurisdictions, there's always someone who's at constant attention. They're equipped with pens and paper, and incredible as this may seem, they know everyone's phone number! Yep, they're the CTA bush radio attendants, ready to serve you as soon as the sun rises and fully authorized to carry out

everyone's transactions at any store in town. Wow, what a job description. For the better sex, I like to call them Bush Radio Mamas (in slight reference to Mother's Day).(Over).

On the other side of the rainbow, carrying out everyone's wishes is extremely stressful, as it is hard to please everyone, (and as everyone well knows, it is impossible to please even a few people). I tend to stop short on playing bingo as being my duty in the whole affair for Bush Radio Mama, but then again, hey, it's the only game in town during spring goose break. Nothing like a good bingo once a year (for me at least) to spice up those lousy hunting day blues, while stuck in town. (Over).

With the advent of the satellite phone, the airwaves will slowly quiet down but I know there will always be a few diehards who will insist in keeping the bush radio culture active and thriving. What's the use of telling only one person of your day when you can tell everyone within two hundred miles? Why bother leaving messages on the answering machine using space technology while you can advertise your camp's progress (in other words, gossip all day) and compare the day's catch (otherwise called bragging) with the other unfortunate cross-eyed hunters? Me thinks that Bush Radio Mama is here to stay.

OVER AND OUT.



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NEMASKA WOMAN WAITING FOR LUNG TRANSPLANT

By Steve Bonspiel

Life is hard. Taking care of the bills, cleaning the house, raising the children: at the end of the day, it all adds up and can be very stressful.

Maggie Minister, 48, of Nemaska, is dealing with a much more serious situation of life and death. She is currently trying to get on a waiting list for a bilateral lung transplant. In other words both of her lungs need to be replaced, and fast.

She was diagnosed with pulmonary fibrosis at the Val d'Or hospital in 1999. Numerous tests have been done, but doctors still aren't sure of the cause.

"The thing that really affected me was when they told me I had five years to live," she said. "Well it's been five years and I'm still here. The doctors can tell you certain things, but I believe that it's all in the hands of God."

She has to meet certain requirements to be put on the list, and is waiting anxiously to find out if she qualifies. If she makes it onto the list, the wait for new lungs could be a year or more.

One of these requirements is the patient must live or be living with someone who is within two-and-half hours of the hospital. If the hospital calls, Maggie has to drop whatever she's doing, pack her clothes and head for the operating table.

She recently traveled to Montreal for a two-and-a-half-week stay at the Maison des Greffes du Québec, which

loosely translated into English, means the house of transplants. While she was there she went through series of scans, blood work and other tests to see if she qualified to be on the waiting list. If they find out she has a life-threatening disease such as cancer, they will not operate on her. She was supposed to be notified about her status in two-to-three weeks, but says it has now been a month and she hasn't received any word.

Maggie says her trip to Montreal was heartwarming. "I was glad that I could meet and talk with other people who are in the same situation as me. I was happy to be there. Seeing how high their spirits were helped me a lot."

The hospital also requires a strong home support system. Maggie's son, Johnny, comes by and helps by cleaning up the house, cooking, and keeping her spirits up. This visits are something Maggie cherishes dearly. "I've always given to people so I find it really hard to have to depend on anyone. We always tell each other how much we love and appreciate one another. I want to make sure he knows that, because I don't know how much longer I'll be on this earth."

The people of Nemaska have been very supportive as well. She says friends drop by to give her a hand from time to time and she appreciates

the love she feels from everyone in her community.

Maggie has a very difficult time breathing. It's so bad in fact that she has to wear an oxygen mask for the better part of the day. The deterioration of her lungs has also affected her mobility. She is essentially stuck in her house, waiting for the call from the hospital. This is something she's had a rough time dealing with. "At this point, the hardest thing for me is not being able to get up and go out when I want. My energy level is down and I can't go anywhere without the oxygen."

When her family goes out in the bush for Goose Break, Maggie must stay behind. The cold has a terrible affect on her lungs and she can't risk joining her loved ones. Even if it means missing out on something she enjoys immensely. "I love going out into the bush. Even though I can't get out there when it's cold, I go out in the summer. I look forward to it."

Maggie would like to thank all those who have helped and prayed for her in her time of need. These people include the doctors, her friends and family, the house of transplants, and anyone else who's been there for her.

She would also like to encourage people to donate their organs by signing the back of their healthcare card. It only takes a second and you could be saving someone's life.

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Nemaska gas scare

The people of Nemaska are breathing a sigh of relief after a near disaster was averted with quick thinking and the help of the frozen ground.

On Sunday, May 2, a Jacques Auger transport truck was delivering fuel for Petronor to the Nemaska gas bar when a coupling broke. The gas immediately began to seep onto the ground. Lawrence Jimiken was appointed as the resource person to the emergency measures crew to try to fix the mess. He had to hurry to get some of the people back from Goose Break to help with the cleanup. Jimiken said the contaminated material couldn't penetrate the frozen ground.

Environment Quebec and Emergency Measures at the Department of Indian Affairs were notified. More trouble occurred when a vacuum truck had mechanical problems in Matagami and was delayed getting to the community until May 4.

In all, 5,210 litres were spilled, and three families had to be evacuated from their homes.

The contaminated material was taken to a landfill site, 22 kilometres from the community and stored in a polyethylene sheet.

The community of Nemaska is waiting for the recommendations of the environment ministry for the best way to dispose of the waste.

The spill made it to within 45 metres of the town's drinking supply. Jimiken assured residents that there was never any danger of the well being contaminated and that only a small amount of the waste remains.



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Cree Quebec Forestry Board	\$ 500,000.00
Other Forestry Expenditures	\$ 500,000.00
Environmental Review – Rupert	\$ 350,000.00
Limited Partnership Expenses	\$ 200,000.00
Liaison Committee Expenses	
Agreement Implementation Costs	\$1,000,000.00

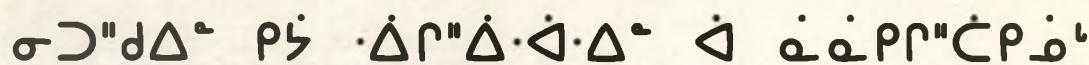
Various Committee Costs

Cree Mineral Exploration Board Operations	\$ 320,000.00
Cree Development Corporation	\$ 350,000.00
Cree Trappers Association	\$2,000,000.00
Cree Outfitters and Tourism Association	\$ 300,000.00
Cree Native Arts and Crafts Association	\$ 200,000.00
James Bay Advisory and Evaluating Committee	\$ 80,000.00
Sub Total	\$5,800,000.00

Allocation to legal Proceedings Federal MCC	\$1,750,000.00
Cree Rights Fund Defense GCCEI	\$ 750,000.00
Sub Total	\$2,500,000.00

Aanischaukamikw	\$ 100,000.00
Youth	\$ 100,000.00
Elders	\$ 100,000.00
Cree Communications Society	\$ 100,000.00
Washaw Sibi	\$ 200,000.00
Elders and Youth Coordination fund	\$ 50,000.00
Sub Total	\$ 650,000.00

Whapmagoostui Price Cost Isolation Factor	\$ 300,000.00
Total	\$10,000,000.00



The Cree Board of Health and Social Services of James Bay (CBHSSJB) is responsible for providing health and social services - for all 14,000 Cree and non-Cree residents in the nine Cree communities of Eeyou Istchee. The CBHSSJB operates Multi-Establishments (CLSCs, Youth Protection/CSS, Hospital, Patient Services, a Reception Centre, two Group Homes and a Public Health Department) with a budget of approximately \$69 million dollars and approximately 500 employees full time. The CBHSSJB is identified as Region 18 of the MHSSQ Network and operates in accordance to Section 14 of the James Bay Northern Quebec Agreement (JBNQA). We are looking for an...

The Role

- Responsible, under the authority of the Board of Directors, for the administration and operations of the Cree Board of Health and Social Services of James Bay;
- Ensures that the resolutions of the Board of Directors are carried out, and submits all necessary items to the Board of Directors for its approval;
- Ensures the planning, organization, coordination, implementation, evaluation and controls for the quality and accessibility of all the client-centered and community-based services and programs provided to the population, as well as the human resource development activities to support these goals;
- Ensures the effectiveness and efficiency of human, financial, material and information resources systems to support the goals of the organization;
- Carries out all the duties inherent to the position or requested by the Board of Directors.

The Challenges

- Implementing a 5 year Strategic Regional Plan while delivering the required services to the population;
- Organizing and supporting the accountability process in the implementation of the Strategic Regional Plan both at the regional and local level;
- Integrating the Eeyou Nation Vision Statement on Health and Social Services into the intervention philosophy and objectives of the organization, and its services, administration and operations;
- Implementing an Eeyou Nation holistic approach to health and well-being according to Cree values and Traditional healing practices;
- Planning and managing the development of new services, programs, departments and capital projects, as well as the enhancement of present services;
- Developing and implementing a comprehensive Human Resources Development Plan as well as a Medical Manpower Plan.

Profile

- A leadership style which encourages participation and commitment to organizational objectives, and the valuing of the contribution of the staff;
- A leader with excellent communication and people skills;
- A strategic vision of organization, and sensitivity to changes in the needs of the Cree environment;
- A highly developed decision-making capacity and experience in change management;

- A management approach focused on effectiveness, and tangible results;
- A proven track record of exceptional organizational performance;
- Ability to maintain excellent relationships with partner organizations.

Requirements

- Masters Degree in Administration, or a Masters Degree in a health or social services discipline, or equivalent knowledge and experience to a Masters Degree in Administration, or five to seven years experience in Executive or Senior Management;
- Fluent in English, and a working knowledge of Cree and French are assets;
- Knowledge of First Nation health and social service issues, practices and trends, as well as postcolonial issues;
- Knowledge of the Cree Language, Cree Culture and Cree milieu are valuable assets.

Conditions

Based in Chisasibi, the remuneration and social benefits are according to the policies applicable to (hors cadre) administrators in the MHSSQ network, and the Cree Board of Health and Social Services of James Bay (class 26). In addition to the usual fringe benefits, the employer provides the housing, defrays the moving and storage costs for employees recruited further than 50 kilometers. There is a northern allowance of \$6,773 to \$10,834 and 3 or 4 sorties, depending on the incumbent's status (single or with dependants).

If you are interested in leading the continued development of our dynamic organization, please forward a copy of your degree, a brief statement of your philosophy of a First Nation Health and Social Services, a covering letter describing your interest and established qualifications for the position and a copy of your current resume by mail, post-marked before midnight of June 4, 2004 to the following address:

Mrs. Dianne Reid

President of the Selection Committee for the Executive Director
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec
J0M 1E0

For confidentiality purposes, CVs sent by fax or email will not be accepted. Information about the position may be obtained by calling: **(819) 855-2844**. *We thank in advance all who apply.*

Jordin Tootoo, Aboriginal Role Model

Jordin Tootoo carries more than pads on his shoulders – he carries the hopes and dreams of thousands of Aboriginal kids who look up to him as well. The rookie Nashville Predator will also be helping to kickstart the National Aboriginal Role Model Program.

The National Aboriginal Health Organization announced that Jordin Tootoo will be the official spokesperson for this new program.

Tootoo became the first Inuk to play in the NHL when he laced up his skates for the Predators last fall.

In 70 games for Nashville, Tootoo had 4 goals, 4 assists for 8 points. He also accumulated 137 minutes in penalties while playing sparingly in his rookie year.

The National Aboriginal Role Model Program celebrates the accomplishments of Inuit, First Nations Metis youth from the ages of 13 to 30. The program's theme, "Lead Your Way!" inspires Aboriginal youth to strive to reach their goals.

Tootoo will publicly launch the new initiative in Ottawa May 13.

More than just great cookies, Girl Guides now speak in tongues

Two of the principles of guiding are to develop an appreciation of Canada and its diversity, and to foster cultural understanding and knowledge of the global community. The Girl Guides of Canada are putting those principles to use by inviting more Canadians to learn about their organization on the Internet. As of April 28, its website was made available in Chinese/Mandarin, French, Punjabi and Inuktitut.

It is one of the oldest and largest organizations for women and girls across the country. There are 120,000 girls aged five to 17 and 28,000 adults involved in Girl Guides across Canada. In Quebec alone, there are 3,500 girls and 800 adults involved in the organization.

The numbers are decreasing but that's not the reason behind the new pages, says Catherine Bryant, the Communications Manager for the Girl Guides of Canada. She says that they wanted to reach out to all of Canada. "We decided to look at the most populous groups that speak different languages and try to provide some basic info to them. The thinking behind it was of a girl who goes to school and her friend asks her to join the Girl Guides. The little girl speaks English but she goes home to her Punjabi parents and they don't necessarily speak English. She can point them to the language they are most comfortable in on the website."

Girls have many options available to them these days. Bryant says their biggest competition is homework. There are extra-curricular sports, music lessons and tutorial sessions. However, according to market research by the Girl Guides, both members and non-members say that their favorite thing about the Girl Guides is the fact that it's for girls only. They offer fun programs, friendship and the opportunity to try their hand at many different things. Girls can go camping, do sports, music, arts and crafts, learn leadership skills and participate in service activities.

Six days after the launch of the pages, the Inuktitut page had been visited more than any of the others. Due to dialect differences and translation difficulties, Arabic and Cree have not yet been made available, but they are in the works. Bryant says that this is the direction they want to work on. "If we get some good response we will see what we can do to get more languages put up there."

Go to www.girlguides.ca for more info, or you can call 1 (800) 565-8111.

Filmmakers making waves in the wheat fields

Two local filmmakers have been nominated for Canada's Golden Sheaf Awards of the Yorkton Short Film and Video Festival. The awards will be given out on the third and final night of the Canadian content only film festival that takes place in Saskatchewan from May 27-30. It is the longest running festival of its kind in Canada.

Baseball Bats for Christmas, a CBC film by producer/director and scriptwriter Jeff Dorn, was nominated for Best Aboriginal Film. The movie is based on the children's book of the same name by Inuit writer Michael Kusugark. It was originally part of a CBC project to promote Canadian children's authors and turn the books into films. The book is a snapshot of the author's life growing up in Repulse Bay, which the film tries to capture through a dramatic telling of the story. In the film, Kusugark is telling the story to his niece, while it fades into re-enactments of the story.

From Cherry English is a Nutaaq Media Inc film, written and directed by first-time filmmaker Jeff Barnaby of Listiguj. It was nominated for five awards, including Best Aboriginal Film, Best writer, Best Director, Best Photography and Best Art Direction. The last four nominations are outside the "Aboriginal" category. The film was one of five commissioned by ZeD Mix Flicks to explore the multicultural experience in Canada. The dramatic film focuses on the relationship that the main character (Traylor) has with his language, his culture and his past. It follows Traylor's fall into an urban wasteland and how he loses his Native tongue, figuratively and literally.

You can catch both films at the First People's Festival in Montreal June 10-21. From Cherry English will also be shown at the Fantasia film festival this summer in Montreal.

HOLY MATRIMONY BATMAN, WHAT DO WE DO NOW?



WEDDING TIPS FOR SUPERHEROES AND SIDEKICKS.

By tsa

Ok, so the question was asked, an affirmative answer was given, now comes the fun part - planning the wedding! A wedding is supposed to be a remarkable ritual in which two people join together into an institution from which they can draw strength, guidance and companionship. While it may seem like only a piece of paper to some and a reason to party for others, a wedding is a very emotional ceremony: oaths are spoken before family and friends that challenge ones' integrity, honesty and ones' character as a human being. All the while dressed up like penguins and princesses! To make the day a reality and a success, many things need to be taken care of.

The suggestions below will be helpful if you are planning a wedding in town or out. While Cree weddings do incorporate some non-Cree traditions, some suggestions simply won't apply. For one, invitations are not usually sent to everyone on your list, only to those out of town, and in terms of the reception/feast, family members will be pitching in to help out with the cooking and preparation, so the costs will vary. Cree traditions have it that many things required for the wedding will be given as gifts, which cut down on costs and ease the whole planning part a little bit.



#1: Money Matters

The first thing to do is work out a budget: how much money do you have to spend? This figure will keep it all in perspective and influence most of your choices. Keep a chart so you don't lose track of where the money is going: first write down the numbers on how you see the money being spent and then write down the actual cost as the money flows out. Depending on your requirements in or out of town, most money will be spent on the dress and the tux, the food, the reception location and the music. The other little details

will add up too: decorations, gifts for attendants (bridesmaids, best man, flower-girl, etc) flowers, invitations, and wedding favours. Working out a budget will also give you a checklist for all that needs to be done for the wedding.

#2: The 4 W's When and Where?

Pick a date. This will give you the time frame for when everything needs to be done. The date will also influence other decisions: are you thinking winter, spring, summer or fall? Do you want the ceremony and reception inside, outside, or both? Keep in mind who will be attending. If there are less mobile people on your guest list try to keep them in mind. If you are thinking of having it outdoors, remember that Mother Nature is unpredictable, so have alternative plans in mind: tents or another location are good to have just in case a storm blows through.

Once you have the date, book the church and person who will officiate. If you are planning on having the feast and dances at the local gym or arena, call to book as early as possible.

Who?

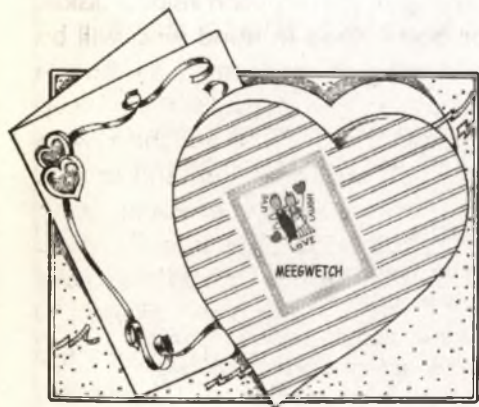
Who are you inviting? The whole community or just close family and friends? Most feasts in the Cree communities will accommodate the

whole community. If it's not in the community, how many people will the ceremony and reception locations safely hold? If there are too many people on your list, start with family then branch out. I read one suggestion that if you are only thinking of inviting one or two fellow co-workers, you might be better off not inviting any or inviting all, just to avoid potential conflict. It is also a common practice to invite people to the reception only, especially if the church is too small to accommodate everyone.

What?

Feasts consist of both traditional and non-traditional foods. Are there any allergies you need to take into consideration? Are there a lot of diabetics on your guest list? A good idea is to provide a diabetes-friendly meal, that way no one feels left out and overall it is healthier for everyone. If not, then be sure to have some diabetes specific alternatives.

Are you going to have musicians playing for the dance afterwards? Book them as soon as possible.



#3: Please and Thank-you

Invitations should be sent out as early as possible, especially where travel planning will be involved. Having the invitations done professionally can cost \$200 to \$800 per 100. While

homemade invitations take time, they are often more personal and much cheaper to make. These days, home computer programs can help cut down on this cost quite a bit, as they can print out the invitation in multi-colours and even include a photo if you want. Check for mistakes more than once and have a fresh eye read it over before you press print or give the ok to the printer. Make sure you write "RSVP by [date]", that way you know how much food will be needed. One cost-saving idea is to include a postcard for the reply, eliminating the need for an envelope. Also, remember to stamp the reply postcard or envelope. It's a good idea to include a simple map if the locations are outside the communities.

It's a good idea to keep in mind any thank-you cards that may be sent out afterwards. Again, a home computer program would cut costs and make them much more personal. If gifts are going to be given to those in the wedding party and to those who helped a lot with the preparation, start on them early enough so that they will be ready by the wedding date.

#4: Odds n' Ends

You can choose to write your own vows or go with the traditional ones, but check the wording beforehand so there are no surprises when you say "I do."

If you want to hire a photographer or a videographer, go over the shots that you will want ahead of time, i.e.: the first kiss, the ring bearer, the flower-girls, the cutting of the cake, the dancing, etc. Even have the person check out angles and lighting and try some shots out before hand.

One good beauty tip is to start a face-cleansing regimen about 6 weeks before the wedding and stick to it, ensuring that your face will be blemish free on the big day.



If you have access to the Internet, there are websites that can help you with every facet of planning the wedding. You can become a member for free at many of them, allowing you to browse and entitling you to receive newsletters, tips and reminders.

At <http://canada.topweddingsites.com/> there are links to the top Canadian wedding sites.

At www.bridalspace.com there are articles on makeup, invitations, dresses, photography, flowers, cakes, etc.

At www.canadianbride.com there are articles and tools such as a place to set up a budget, a checklist of things to do and a place to make your guest list.

At <http://www.superweddings.com/index.html> you will find an array of ideas, especially money saving tips. There is also a section on do-it-yourself projects for your wedding, including how to make your own garter, centrepieces and favours.

At <http://www.dcpublishing.com> there are two books that can be downloaded with over 500 ideas for invitations, receptions, decorations, toasts, etc.

At <http://www.geocities.com/spring2.geo/NAWedding.html> you will find links to Native American wedding sites. A lot of the links didn't work when I tried but those that did were interesting to read and look at.

Keep in mind that the contents of these sites are only suggestions and you do not have to follow everything they say. It is your wedding and the

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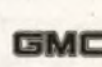
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A MESSAGE FROM THE REGIONAL PUBLIC HEALTH DEPARTMENT ♦♦♦

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The Cree Board of Health & Social Services of James Bay

What's the Health Board doing about **MERCURY** these days??

Following the signing of the new mercury agreement between the CRA-GCCQ and Hydro-Quebec in 2002, the CBH reactivated its mercury program.

These are the activities of the CBH mercury program:

COMMUNITY INFORMATION:

- a map, showing fish mercury levels in various bodies of water, will be posted in CTA and other community buildings this summer. Guidelines for eating fish safely will also be included.
- we will visit the communities in June to present the map, and in the fall to get feedback
- we have developed a **slide show** on mercury which we can present to any interested group.

TESTING PEOPLE:

- Testing will be part of a broad study on environmental contaminants in humans. It will take place in each community over the next few summers.

IN-DEPTH INFORMATION:

- Review of studies done on mercury among the Cree (document available – 40 pages)
- Impact of mercury on human health – review of studies done around the world (document available – 80 pages)
- Health benefits of fish and other traditional food – coming soon.

To find out more about the mercury issue, or obtain the slide show or documents, please contact **Mathieu Trépanier**, CBH office in **Mistissini**, 418-923-2332, ext. 360; or **Elizabeth Robinson**, CBH office in **Montreal**, 514-861-2352, ext 29.

"Striving to maintain and

promote the health of our people"

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Direction de santé publique des Terres crie de la Baie James
Public Health Department of the Cree Territory of James Bay

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only thing you pretty much need to do is have someone perform the official ceremony; everything else is up for grabs. If you don't want to wear a white gown: wear pants or a red dress or whatever you want; if you want to have a particular theme, write it in the invitation. Do not expect everyone to adhere to it though, as people will do what they will.



The Dress:

Now you have the date, the place, and the guests, so what are you going to wear? The options are endless and will depend on how much money you have to spend. Have you dreamed for years about the dress you want to wear, or are you thinking that you will only wear this dress once in your life and don't want to blow your budget on it?

New dresses can cost as little as \$300, up to over a thousand dollars-plus. According to the director of Oui, Je le Voeux in Montreal, Jocelyn Sigouin, the hottest styles this year have boustiers, spaghetti straps and embroidery – gone are the big puffy sleeves, long sleeves and big bows. If you are going to buy it brand new, it's important to order at least 6-12 months before the wedding, some say even earlier. It can take 3- 8 months for the dress to come in, and it will take about

6 weeks of fittings to get it just right. A good idea is to start the fittings about 2 months before the wedding. A money saving tip for a new dress is to choose the dress you want, then take a photo of it to a seamstress who can recreate it at a fraction of the cost.

If you are going the low-budget route, dresses can be found at second hand stores for \$35 to \$200. Although styles have changed over the years, if you see one that you like, remember that it can be cleaned and altered to suit your taste. At Oui je le voeux you can even rent a dress from a huge selection of both new and recycled models. For about \$350, you get the dress, the hairpiece and jewellery, leaving only the shoes to take care of. They also rent wedding party dresses, ring-bearer suits and tuxes for the groom and groomsmen. The wedding party dresses for rent start at \$85 and up, while tuxes rent for \$60-\$130.

Whether or not the bridesmaids are buying their own dresses, try to choose something that they like too. One suggestion is to have the bride choose the colour and the bridesmaids choose the style they want- either all the same or something to suit their own tastes and body shape.

It's always good to bring a friend or two when trying on dresses, just to get a different perspective. Ultimately, you want a dress you feel comfortable in, that has enough movement to allow you to dance and sit, and that makes you feel beautiful.

A good website to browse for ideas is www.theknot.com - there are over 20,000 wedding dresses to peruse, including some alternative ideas.

Jaymore Magasins in Val d'Or sells wedding dresses, with an array of catalogues to look through. They recommend ordering a dress about six months in advance as it takes about three months for the dress to come in. Prices start at \$400 and up.

The Boutique du Tissu & de L'osier enr in Chibougamau will make a dress for you. They recommend coming in at least two months before the wedding with your choice of dress. You can also choose from a selection of patterns they have in the store. Prices start at \$300.

The Tux:

Despite the similar looking tuxes and suits, men have plenty of choices too. There are a number of different styles of jackets: short, long, tails, classic, pin stripes, different collars, accents on pockets, and different styles of vests, pants, shoes and ties. If buying a suit, remember that it can be worn for other black-tie functions. Brand new suits and tuxes at one store went for \$375, including a vest and shirt.

It is definitely much cheaper to rent a tux, as the prices start at \$60 and up. This price includes the suit, the shoes, the tie and cummerbund.

Jaymore Magasins in Val d'Or rents tuxes, starting at \$89 to \$139.

Boutique L'impact in Chibougamau also rents tuxes and suits starting at \$90, to \$180. if your wedding is on Saturday, the suit can be picked up on Wednesday and brought back the following Monday.



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Eulogy: Tom Webb of Chisasibi

1933-2004

One month ago, we found out our Dad's stomach cancer had returned and this time there was nothing that could be done. When he was diagnosed again it was almost a relief for him. He had been sick for a while but he never complained. Now he finally knew what was wrong and he accepted the news with grace and dignity. Little did we know of the pain he was in, he never said anything. Instead of worrying about himself, he was always concerned about others and making sure we were okay.

Thomas Irwin Webb was originally from Vars, near Ottawa. He was born April 16, 1933. He and his three sisters lived with their parents, Robert and Mabel, on a small dairy farm with no electricity and no running water. Every morning, they started their day by six. One of Tom's jobs was to bring the cows in from the pasture and milk them before going to school. As a boy, Tom liked going to the store with his friend to share 25 cents worth of ice cream. He liked to play hockey and baseball. He also liked school.

By the time he was 16, Tom's parents couldn't afford to send him to school anymore. He made his way to western Canada to look for a job. He found himself in a restaurant with only \$1.15 in his pocket. He bought a coffee and wondered about his next move. Then someone sat down, they started talking and he was offered a job. He always said everything is possible when you have faith.

Tom went on to work in the oil fields and forestry camps of Alberta and the farms of Saskatchewan. In the summer of 1960, he came to Fort George with "Ron Construction" to build a new school. It was a miserable foggy day and he told himself he wasn't sticking around for long. Soon after, at a wedding reception, he sent a friend to ask Eliza Bobbish if she would dance with him - five years later they would marry.

They went on to open Webb's Lodge, Fort George's first motel. Tom worked hard and enjoyed cooking for his

guests. He became a part of the community and he loved to talk to people. The elders liked talking with him even though they couldn't speak English. He answered them back in his rudimentary Cree. He was a friend to all and he treated people as he would have liked to be treated.

Tom was a dry wit with a ready smile and a twinkle in his eye. He was a great cook, a jack of all trades, a great gardener, gave good advice when asked, was entrepreneurial, a good boss, hard working, uncomplaining, honest, generous, tolerant, gentle, patient, and a faithful man who went to church until he got sick.

His wife Eliza was always by his side during his illness. They went on the journey together and he was grateful for that. Before he got really sick he was shown what was waiting for him when he passed on. He described it as "peace beyond all understanding." He had a chance to say good-bye to family and friends. He knew we loved him and that we would miss him. He told us he loved us and to take care of ourselves.

On the night of his passing, his sons, Ernie and Gary, were on the "night shift." Around 1am, they noticed his breathing had changed. Eliza, Sandra and Leslie were called in. Ernie told him they all loved him and would miss him and that mom was on her way.

When Eliza arrived, she told him that they were all there and he could go. With that, she sang his favourite hymn and said a prayer. Then around 1:30am, he stopped breathing.

Tom was predeceased by his father, mother and his younger sister Lorna. He is survived by his older sister Eleanor, his niece Tammy, his youngest sister Verna (Elmer), his wife Eliza, his stepson

Leslie, his eldest son Ernest (Catherine), son Gary, daughter Sandra and youngest son Brian. He is also survived by his grandchildren Jordan, Paul, Katie, Rachel, Jackie, Alex, Vincent and Sarah.

He was loved by many and will be sorely missed.

In closing, the Webb family would like to thank the doctors and nurses at the Val d'Or and Chisasibi Hospitals who took such good care of him. They would also like to thank the people who worked with him over the years. And lastly, thanks to all the family and friends who showed their love and support.


Tom Webb's eulogy was written by his children and delivered by Tommy Wadden and James Bobbish on the 28th of April at St. Phillips Anglican Church in Chisasibi.



ALLC?

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FEEDING THE BODY AND THE SPIRIT

Traditional foods to be served at Chisasibi Hospital

By tsa

It has been said that when the Cree get sick, they lose their right to their traditional foods. That right will soon be returned to them. Under a one-year pilot program, seasonal traditional foods will become part of the four-week menu rotation at the Chisasibi hospital.

The project will see geese, duck, bear, moose, caribou and rabbit – maybe even wild berries – make their way into the menu rotation over the next year. The logistics still have to be worked out by the local Cree Trappers Association.

Edward Tapiatic, the Director of Traditional Pursuits and the Cultural Coordinator of Chisasibi, says, "We started something last year during the summer fall season. We gave a few smoked fish to the hospital. They accepted them provided the cooks inspected them before serving it."

The Ministry of Agriculture, Fisheries and Food of Quebec (MAPAQ) has given the project the green light despite MAPAQ rules that all meat served in restaurants and institutions has to be inspected and certified. Sometimes even the way the animal is raised, the habitat and the way it is killed has to be inspected and certified. Yet the wild game to be served in the hospital will be from the bush, by local trappers and is not certified.

MAPAQ will be granting a special exemption for this project to go through. Along with the Cree Board of Health, they have engaged in meetings and training sessions to share their knowledge and ensure that the food will be safe. The training was to show what the MAPAQ guidelines and requirements are, as far as food safety and handling.

Eric House, a Councillor for the Chisasibi Band Council and a Traditional Food committee member, says that the Cree brought their own knowledge to the table. "The elders can tell right away if it's good or bad. We don't prepare food to make our people sick. This is what we want to show. We know our own food; it's thousands of years of knowledge."

Cree Health Board member Dr. Elizabeth Robinson says that MAPAQ has been very supportive of the project. "One of the guys in the ministry told me that they never dreamed that when they passed these laws, they would be preventing Cree people from eating Cree traditional food in their own community," she observed. She acknowledges that the certification and inspection has a place though, especially with the many issues around food safety these days.

While no scientific research has

been done yet, it appears that the eating of traditional foods boosts more than just the immune system; it does wonders for the spirit. No surprise for many Cree. House says that it is part of the cycle of life, "the animals eat the medicines and they are passed on to the people. When you feed the eeyou meechum, the wild food, in the hospital, you also feed their spirit."

George Diamond, a program officer for Chisasibi and Traditional Food Committee member, says that traditional food has been brought in to the elders by family members. "We know that it is an excellent source of nutrients and everything else."

Much work remains to be done, says Tapiatic. "We still need to get a grip on a few guidelines and protocol and getting a few items like a vacuum pack machine," he noted. "We want to do this year round, so we need to label the food and put expiry dates on them."

The elders and the community have been asking for this for years and are looking forward to it. Says House, "It was always in the mind of the elders, it was always that we should be eating the berries, the fish, the wild food from the bush and the teas, these all have medicinal effects. It's about time we acknowledged our own peoples' wisdom."



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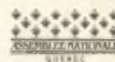
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Porte parole de l'opposition officielle en matière d'affaires
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Michel Létourneau salue la signature d'une entente entre les Cris de la Baie-James et Hydro-Québec.

Cette entente permet de tourner la page sur 25 ans de
litiges entre la Nation crie et Hydro-Québec.

Je salue également l'initiative commune du Dr Ted
Moses et de M. Bernard Landry qui ont réalisé la
"Paix des Braves" et qui permet maintenant la
signature de cette nouvelle entente.

Saisissons cette opportunité et continuons de bâtir
cette nouvelle relation basée sur le partenariat, la
coopération et le respect mutuel.

Michel Létourneau salutes the signing of an agreement between James Bay Crees and Hydro-Québec.

This agreement allows the Cree Nation and Hydro-
Québec to leave behind them 25 years of litigation.

I also salute the joint initiative of Dr Ted Moses and
Mr Bernard Landry at signing the "Paix des Braves"
which paved the way for this new agreement.

Let's seize this opportunity and continue to build this
new relationship based on partnership, cooperation
and mutual respect.

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I read an article in the nation dated March 5, 2004 "Bringing a Nation together" I just felt like writing a poem to Khayden, so here it is.....

This poem is dedicated to Khayden Otter Rupert and his Family

*Khayden you brought love
in other peoples hearts
You opened many peoples eyes
to see, to know, to feel
To protect our children from harm*

*Khayden I thank you for
opening my eyes
in what i could not see*

*Khayden you are my Hero
You are a Strong little boy
in what you had to go through*

*Khayden I admire your strength
You bought the Nation together*

*You speak loud in what
some children go through
or even save them from harm
in the future*

*You are the thunder
that we can hear clearly.*

Much loveSherry ann Louttit

Erratum

Please note the last cover date for Vol. 11-12 was incorrect and should have read April 30, 2004.

MEMORANDUM

Next Joint Implementation Committee Meeting (JIC)

Please take note that the next Joint Implementation Committee meeting is scheduled for July 13 & 14, 2004. All submissions for Territorial Programs must be received no later than June 7, 2004. This will allow the CHRD the time to review, assess, and receive additional information for the proposals. Submissions related to Territorial Programs Initiatives should be forward accordingly;

Sectors: Cree Human Resources Department Contacts:

TELECOM & TRANSPORT:

Michael Mianscum, Interim Sectoral Officer
139 Mistissini Blvd. Mistissini
(Quebec) G0W 1C0
Phone # 418-923-2525
Fax # 418-923-2111

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If you have any questions —
or require further information, please contact the above.

— It will be our pleasure to assist.

CREE LOCAL MANAGEMENT BOARD MEETING

Please take note that the next Cree Local Management Board (CLMB) meeting for the community based projects is tentatively scheduled for July 6th and 7th, 2004 in Waskaganish. All submissions must be received no later than Friday, June 4th, 2004. This will give the CHRD the time to review, assess, and receive additional information for the proposals.

Proposals coming from the communities of Mistissini, Waswanipi, Ouje-Bougoumou and Nemaska, please forward to: Richard Shecapio, Program Officer (Inland)
Cree Human Resources Development
187 Main Street, Mistissini, Quebec G0W 1C0
Tel: (418) 923-3285 Fax: (418) 923-3243

From the communities of Chisasibi, Eastmain, Waskaganish, Wemindji and Whapmagoostui, please forward to: Alice Nuktie, Program Officer (Coastal)
Cree Human Resources Development
P.O. Box 450, Chisasibi, Quebec J0M 1E0
Tel: (819) 855-2675 Fax: (819) 855-2109

If you have any questions or require further information, please contact the above or Louise Saganash at 514-866-1234 ext. 24.



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Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of the Nation will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Spicy Meatball and Pasta Stew

Meatballs

8 oz	lean ground beef	250 g
1	egg	1
2 tbsp	ketchup or chili sauce	25 mL
2 tbsp	seasoned bread crumbs	25 mL
1 tsp	minced garlic	5 mL
1/2 tsp	chili powder	2 mL

Stew

2 tsp	vegetable oil	10 mL
1 tsp	minced garlic	5 mL
1 1/4 cups	chopped onions	300 mL
3/4 cup	chopped carrots	175 mL
3 1/2 cups	low-sodium beef stock	875 mL
1	can crushed tomatoes	19 oz/540 mL
3/4 cup	canned chick peas, drained	175 mL
1 tbsp	tomato paste	15 mL
2 tsp	granulated sugar	10 mL
2 tsp	chili powder	10 mL
1 tsp	dried oregano	5 mL
1 1/4 tsp	dried basil	6 mL
2/3 cup	small shell pasta	150 mL

- Meatballs:** In a large bowl, stir in together the ground beef, ketchup, egg, garlic, bread crumbs, and chili powder; mixing well. Form each meatball from 1/2 tbsp (7 mL) and place on a baking sheet. Cover and set aside.
- Stew:** In a large non-stick sauce pan, heat oil over medium heat. Add onions, carrots and garlic. Cook for 5 minutes or until onions are soft. Stir in stock, oregano, chick peas, tomatoes, tomato paste, chili powder, sugar, and basil. Bring to a boil, lower the heat to medium-low, cover and let cook for 20 minutes. Bring to a boil again then stir in pasta and meatballs; let simmer for 10 more minutes or until pasta is tender but firm and meatballs are cooked. Makes 8 servings.

TIPS:

- Ground chicken, turkey, veal, caribou, deer, or moose can replace the beef.
- Chick peas can be replaced with kidney beans.

Nutrient Analysis per Serving:

• Calories	203
• Carbohydrates	26 g
• Fibre	3 g
• Protein	11 g
• Fat, total	7 g
• Fat, saturated	2 g
• Sodium	564 mg
• Cholesterol	43 mg

Suggested Healthy Living food choices:

- Onions (bagged, 2 lb)
- Carrots (bagged, 2 lb)
- Beef Soup Base
- Aylmer Crushed Tomatoes 796 mL
- Primo Chick Peas 540 mL
- Merit Select Tomato Paste
- Italpasta Small Shells pasta



Northern

FESTIVAL EN AOÛT 2004

À mettre à votre agenda, les dates du **5 au 8 août 2004**, en gros caractères, car il se tiendra à Chibougamau **la 6^e édition du Festival en août!** L'événement se déroule au centre-ville sur une scène extérieure avec une foule d'activités. Près de 2 500 personnes par jour sur le site!

Invitation aux personnes de tous les âges des communautés Cries, intéressées à faire valoir leurs talents (chanson, danse, humour, exposition, etc.), de s'inscrire dès maintenant en contactant:

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CONGRESS CENTRE - ROUYN-NORANDA
MAY 26-27, 2004

For more information, please contact the Secretariat at:

Tel: (819) 824-9888 Fax: (819) 824-9588

saencat@cablevision.qc.ca

PROGRAM

Wednesday, May 26

- 8:00 a.m. Official Opening (Honorary Co-presidency)
Dr. Ted Moses and Mr. Jean-Claude Beauchemin
- 9:00 a.m. Guest speaker: Mr. Pierre Bérubé, President
Quebec Mineral Exploration Association
- 9:45 a.m. Guest speaker: Mr. Abel Bosum, Chief Negotiator
"La Paix des Braves" Agreement (to be confirmed)
Guest speaker: Mr. Philip Awashish
Environment Advisor, Grand Council of the Crees
- 10:30 a.m. Health Break
- 10:45 a.m. Guest speaker: Mr. Francois Fleury
General Director, Inmet Troilus
Guest speaker: Mr. William Mianscum
Mississini Negotiator - Troilus Project (to be confirmed)
- 11:45 a.m. Cocktail
- 12:15 p.m. Lunch
Guest Speaker: Mr. Jack Blacksmith
President, Cree Mineral Exploration Board
Guest Speaker: Mr. André Gaumond
President, Virginia Gold Mines
- 1:45 p.m. Workshops
to
1) Understanding Agreements
5:00 p.m. 2) Human Resources Development
3) Exploration and Mineral Potential

- 5:00 p.m. Cocktail
- 6:00 p.m. Banquet Dinner
Guest Speaker: Dr. Ted Moses Grand Chief of the
Cree Nation Eeyou Istchee
Guest Speaker: Mr. Pierre Corbeil, Minister for
Forests, Wildlife and Parks and Natural Resources
- 8:00 p.m. Cultural Presentation

Thursday, May 27

- 9:00 a.m. Guest Speaker: Mr. Denis Lachance
General Director, Falconbridge Limited, Raglan Mine
Guest Speaker: Mr. Pita Aatami
President, Makivik Corporation
Guest Speaker: Mr. Raynald Vézina
Vice President, Cambior
- 10:45 a.m. Health Break
- 11:00 a.m. Plenary, Workshop secretaries
- 11:45 a.m. Cocktail
- 12:15 p.m. Closing Lunch
Guest speaker: Mr. Gilbert Barette
M.P. Témiscamingue
Guest speaker: Mr. Pierre Bertrand
Vice President of Exploration, SOQUEM
Closing Ceremony
- 2:00 p.m. Golf Activity, Club de Golf
Municipal Dallaire Inc., Rouyn-Noranda
- 6:30 p.m. Dinner - Club de Golf Municipal Dallaire Inc.

REGISTRATION FORM

Please clearly fill out this form and send with your payment
to the above address.

Places are limited and will be allocated according to
registration order.

REGISTRATION FEE \$300.00/PARTICIPANT

May 26-27, 2004 - CONGRESS CENTRE ROUYN-NORANDA

(Includes 2 lunches, 2 dinners, 3 cocktails, 3 health breaks, golf and
other activities in the program)

Name: _____

Enterprise: _____

Address: _____

Telephone: _____ Fax: _____

Email: _____

REGISTRATION FOR ACTIVITIES

I would like to register for the following activities:

Wednesday, May 26: ☐ Business to business meetings

Thursday, May 27: 2:00 p.m. ☐ Golf at Dallaire Golf Club

☐ Industrial visit

6:30 p.m. ☐ Dinner at Dallaire Golf Club

7, 4 5 \$

Le salaire minimum monte !

Le 1^{er} mai 2004, près de 170 000 personnes bénéficieront de la hausse du salaire minimum décrétée par le gouvernement du Québec.

Le salaire minimum sera également haussé de 0,15 \$ le 1^{er} mai 2005.

Les nouveaux taux du salaire minimum sont les suivants :


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Salariés au pourboire	6,70 \$ l'heure	6,85 \$ l'heure

Pour toute question sur la hausse du salaire minimum ou sur toute autre norme du travail, consultez notre site Internet ou communiquez avec les services à la clientèle de la Commission des normes du travail :

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Le Centre de formation Harricana offre le programme de secrétariat. La formation offerte dans ce secteur débouche sur des carrières très intéressantes. Si tu aimes le travail de bureau et l'informatique, la formation en secrétariat peut s'avérer un excellent choix. C'est un poste pivot dans une organisation et la diversité des tâches en fait un travail intéressant.

The Centre de formation Harricana offers the Secretarial Studies Program. The training offered in this sector opens doors to very interesting careers. If you like office work and computer technology, the Secretarial Studies Program can prove to be an excellent choice. It is a key position to any organization, and the diversity of the tasks makes of it an interesting job.



Pour de plus amples renseignements, consultez notre site Internet au: <http://cfh.csharricana.qc.ca> ou téléphone au (819) 732-3223.

For more information, consult our Web Site at: <http://cfh.csharricana.qc.ca> or call (819) 732-3223.



INVITATION FOR SUBMISSION National Evaluation of the Health Services Transfer Policy

Health Canada is initiating an evaluation of the Health Transfer Policy with the goal of assessing success, relevance, strength and weakness. Like other federal policies and programs, the Health Transfer Policy needs to be evaluated as per the Treasury Board of Canada Evaluation Policy, in view of the need to renew the authorities in March 2005.

The Centre of Aboriginal Health Research (CAHR) of the University of Manitoba has been selected by Health Canada to conduct the evaluation. The CAHR is a joint initiative of the Assembly of Manitoba Chiefs, the Faculty of Medicine at the University of Manitoba, and the Foundations of Health. As a research centre, CAHR initiates, coordinates, and supports research activities designed to assist First Nations and Aboriginal communities and organizations in their efforts to promote healing, wellness and improved health services in First Nation communities. The research centre integrates scientific and traditional Aboriginal approaches to producing new knowledge about health and health care in First Nations and Aboriginal communities.

Both CAHR and Health Canada are committed to ensuring that this evaluation will remain as open and transparent as possible.

As an independent evaluator, CAHR is dedicated to following a process that is inclusive, to reflect the diversity of First Nation and Inuit communities, and to promote participation. The study will rely on a mix of qualitative and quantitative methods.

As one of its strategies, CAHR is extending an invitation for written submissions to all First Nations and Inuit communities and other organizations with a vested interest and who wish to share their experience with respect to results and impacts of the health transfer policy. Any First Nations and Inuit community and/or organization that would like to participate in the evaluation process is welcome to do so. You may write, e-mail, or fax your submission to CAHR as follows:

JOSÉE LAVOIE
Research Associate
715 Buhler Research Centre
The University of Manitoba
715 McDermott Avenue
Winnipeg, MB R3E 3P4
E-mail: lavoiej@ms.umanitoba.ca
Fax: 204-975-7783

LORA SANDERSON
Research Assistant
715 Buhler Research Centre
The University of Manitoba
715 McDermott Avenue
Winnipeg, MB R3E 3P4
E-mail: umsande9@cc.umanitoba.ca
204 975-7783

The deadline for submissions is June 30, 2004.

CLASSIFIEDS

100 - BIRTHS

Congratulations to Betty Trapper and Sam Nadon on the birth of their baby boy Kaedon Darryl David James, born on April 20, 2004 in Amos, QC. A little buddy for Jaedon!!...Love from best friend and cousin Annie Salt...and from Johnny and Jaedon too.

101 - BIRTHDAYS

Happy Birthday to Seq Neeb on May 12th at 12 noon until 4 p.m. neh eh I'm just joshin. I collected some beauties for you when you come to visit and I would share them with you but I quit that.... lol. Hahahehe snort snort! Kisses for your cheeks and you know which set and hugs for the bombs...lol...I just remembered a funny. I hope you get it and I know others won't so I guess that makes me weird. So have a Great Day and I really do thank God for the day that he brought us, two snotty nosed, bushy haired little brats together even though it meant trouble. Thanks for being such a good friend for so many years. Love Lil' Ol' Chubs Doris Linky

I Would Like To Wish A Happy Birthday To My Buddy Russell Stephen On April 23, 2004 From: Your Buddy In Mistissini (MS.POWER-ADE)...lol

Happy Birthday to a very special person in our lives and she will always be, just because she showed and shared so much love with us. It is Daisy Linklater on May 20th and she is in Moosonee. Seems so far away when you only used to be two minutes away. We think of you all the time and miss you so much also we can't wait to see you again. So we send our hugs and kisses and remember we will always love you. From Erica, Lor, Scott, Jayme and your Great grandson Petey Boy.

Happy 18th Birthday to Kathy Gilpin on the 1st of May (I think). Haha well it's sometime in May at least I didn't forget that part nah. Don't party! Stay sober because you weren't drunk when you were born...lol...eh do whatever you want and have a blast too. From LDA

This special 4th birthday wish goes out to Donovan George Diamond Blackned in Waswanipi. Happy Birthday on May 16th. You're a very special son and I will never forget you for who you are. From Daddy Jimbo. Also to Summer Shania Rose Blackned, happy 4th Birthday on May 17th. I love you both! Hello to my daughter Florrie Rose Blackned Diamond and to my stepdaughter Mariah Diamond. see you soon!!

I wanted to wish Happy 17th Birthday to Harry Martinhunter from Chisasibi on April 29. Enjoy every minute of it!!...c-ya around man...HAVE FUN and take care of yourself, from it's just me!!

Happy belated birthday to my one and only sister Rebecca Matched who celebrated her birthday on April 1st. I consider myself a very lucky person because I have you as my baby sister, I am so proud of you because you are doing a very good job of the way you are taking care of your girls never give up hope I'll always be here whenever you need a friend. I love you take care of yourself and your 3 beautiful angels. AGOOOODAH! With love always your sister: Edith Matches

My bro Samson Matches celebrated his birthday on April 28. Take good care of your children and your wife. Happy birthday and many more to come. P.S. Don't travel too much. From your sister Edith.

Our daddy, Gordon Gunner we want to wish a happy belat-

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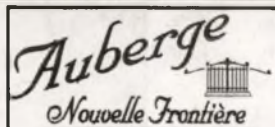
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ed birthday on April 8. We love you very much we're very happy to have you in our lives and especially to have you as our DADDY. With love always your 2 handsome boys: Evander & Tyler Gunner xoxox

I would like to wish a happy belated birthday to a very good friend of mine Miss Laura Wapachee from Nemaska or is it Mist?...lol...well anyway hope u enjoyed your b-day and wish you many more to come. Friends are like stars you don't always see them but there always there. With luv in friendship, Jessica.

We would like to wish our Wonderful daughter 'Valerie Tanya-Rose' a Happy 9th Birthday on May 27, 2004. On your Birthday, our hearts are filled with memories of a sweet little girl who touched our hearts and changed our relationship forever. Thank God for our beautiful daughter... Love Mommy & Daddy (Namaska)

Birthday wishes sent to our sister Valerie Tanya-Rose on May 27. 'We look up to you girl, and make the best out of it cause we're watching you...so look back before you do something bad cause baby sis is always a tag along...Luv Tyra Lynnsh'. 'Just because you're turning 9 years old, don't boss me around cause I'm still taller then you...Love ya still! Patricia' We love you, Sis, and hope your birthday will be the beginning of a year of happiness and success. XO

105 - OBITUARY

We want to thank all our family, friends and people who gave us so much comfort during our time of grief as our new born baby girl Justine Emily Mary Elizabeth Salt went to be with the Lord shortly after her birth on April 5, 2004. Special thanks to all those who prayed

for us as we were in Montreal during the time leading to her parting. We know all prayed for the will of God, and we believe it was His will for our baby to go be with Him. I especially want to thank my mom Mary Lucy and my mother in law Emily, for their constant words of wisdom as they gave us comfort during our time of sadness. With all our love, Johnny and Annie Salt (Mapachee), and Jaedon too.

300 - PERSONALS

36' x 40' House for Sale in Val d'Or with a 3 1/3 apartment furnished with appliances (\$410/month) in the basement. Wood floors. Electrical and oil heating. 3 bedrooms + 2 living areas (1 in basement) + 1 bathroom (renovated with ceramic floor in 2003). Large kitchen area (renovated in 2003) Large living room. Finished basement. Lots of storage space. Large 20' x 23' heated and insulated garage. Fenced backyard with pave stone driveway. Around the corner from the shopping centre. If interested, please call Rene at 819-856-6706 or 819-824-6569

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Looking for a man to rent for the month of May 2004. Someone, who is handy around the house! Someone

willing to give massages! Someone who will cook for me! Give me plenty of meat for my freezer! Who will take care of me! Anybody willing to do that. Please send your resumes to the Nation!

Urban Native seeks another for GT's (good times) and She is fun and funky with high spirirts, a sucker for life's pleasures. Sound familiar? If so call and leave a message for: Iro-cuttie (514) 527-7496 (name to be revealed in future personals J)

500 - MOTHERS DAY

We would like to send our mom, Valerie Atsynia, a very

special Happy Mother's Day wish. You are always there for us whenever we need you. Happy Mother's Day and enjoy your special day. Just tell dad to look after us for the day so you can enjoy your day. We love very much. With Love Delmer, Tom-She, Yana and Kaydence Atsynia P.S. We will try to be good kids on your day.

We would like to wish our mothers, Mary Lucy and Emily a very Happy Mother's Day. We love you and thank you for all the things you do for us!!!...From Johnny and Annie...of course Jaedon too.xoxoxo

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Québec 

Agreement concerning a new relationship between Hydro-Québec/SEBJ and the Crees of Eeyou Istchee

This agreement marks a new phase in the relationship between Hydro-Québec/SEBJ and the Crees, a relationship based on mutual respect, good faith and partnership. It's a turning point that will allow us to focus our strength and energy on the future.



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de la Baie James**

